

ITU Continental cup Ixtapa 2016

Ixtapa ITU

triathlon

American Cup



ATHLETES GUIDE



GENERAL INFORMATION

The purpose of the Athlete's Info Guide is to ensure that Elite Athletes and Team Leaders are well informed about all procedures concerning the ITU Pan American Cup Triathlon event in Ixtapa Zihuatanejo.

The LOC has made every effort to ensure that the information published in this guide is correct and up-to-date. Nevertheless, the LOC advises all Team Leaders and Elite Athletes to check for any updates in the LOC Office.

KEY DATES

Friday May 20, 2016

11:00 – 11:30 hrs.	Elite Swim Familiarization. (Pacifica Beach).
11:30 – 12:00 hrs.	Elite bike familiarization (meet at Transition area).
11:15 - 14:00 hrs.	Open Transition, free bike Mechanical Services.
18:00-19:00 hrs.	Elite Briefing & Race Packet Pick Up - Mandatory @ Saloon Holiday Inn Resort Ixtapa. Address: Blvd. Paseo Ixtapa S/N, 40884 Ixtapa, GRO. T:01 755 553 0018

Saturday May 21, 2016

9:00 – 13:30 hrs.	Athlete Lounge Open at Elite Transition Area.
11:00 hrs.	Elite Men Start (Pacifica Beach).
11:10 hrs.	Elite Women Start (Pacifica Beach).
13:00 hrs.	Elite Awards Ceremony @ Finish line (both men and women)
19:00 hrs.	Closing ceremony Party @ FONATUR GOLF CAMP. Address: Blvd Ixtapa S/N, C.P. 40880 Ixtapa, Guerrero, Gro.

KEY CONTACTS

Kelly Mahoney	ITU Technical Delegate	Kelly_mahoney@umanitoba.ca
Esteban Benitez	FMTRI Technical Delegate	esteban@triatlon.com.mx
Pablo Suinaga	Race Director	psuinaga@asdeporte.com



ELITE BRIEFING & RACE PACKET PICK UP

The briefing and race packet pick up will take place on Friday 20, at 18:00 hours at the Saloon of the Holiday Inn Resort Ixtapa. Address: Blvd. Paseo Ixtapa S/N, 40884 Ixtapa, GRO

COURSE

START AREA

The start area will be located at Pacifica Beach. This will be a beach start with each athlete being allowed .75m for their start position. The Race Referee with the assistance of ITU Technical Officials, will start each race.

TRANSITION AREA

Transition area is located next to the finish line area in front of the grandstands and equipped with traditional ITU-style bike racks. The positions on the bike racks are labelled with athletes' name, number and country. The athlete position in transition is based on the current ranking of the athlete, with the highest ranking athlete receiving a position closest to the mount line.

SWIM COURSE

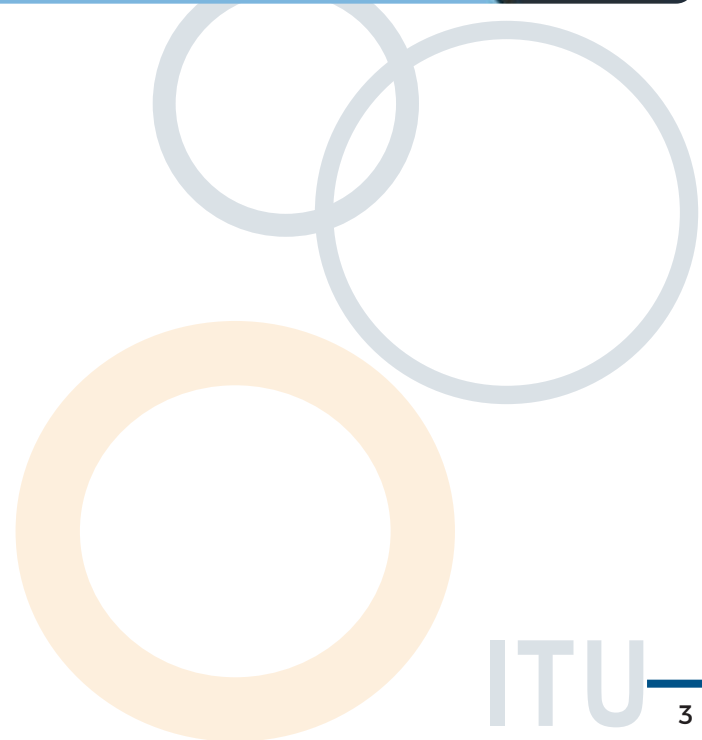
There is one lap of 750m to swim clockwise. Each turn will be clearly marked with a yellow and orange buoy. The average water temperature in Pacifica Beach in May is approximately 24 Celsius. Wetsuit use will be announced one hour prior to race start by the technical officials but will be unlikely.





BIKE COURSE

The 19.89km bike course consists of one out and back lap through Paseo de las Garzas and Paseo Ixtapa Boulevard. The route is slightly technical with a few tight turns and one U-Turn. The road surfaces are for the most part in good condition. Athletes will experience newly paved surfaces as they enter and leave the transition area.





RUN COURSE

There are two laps of 2.5 km, which will take athletes along the Paseo del Palmar, offering good running surface.



AID STATIONS

There will be four aid stations on the run course serving bottled water and sports drink.





WEATHER CONDITIONS

Ixtapa enjoys hot beautiful weather year round with average daily temperatures of 31 Celsius.

TRAINING

Swim practice, Friday May 20, on Pacifica Beach, after registration in the transition area.

PROTESTS AND APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

ACCREDITATION

The LOC will provide all Elite Athletes (White Bracelet), technical officials, journalists, etc. with an official bracelet according to the ITU Event Organizers Manual.

Accreditation bracelets will be handed out during the official registration on Friday May 20, at the mandatory athlete briefing.

Only persons with bracelets will be allowed to access certain venue areas. Bracelets provide access to specific competition areas. Athletes are requested to wear their bracelets at all times and to show them upon request.

ELITES ATHLETES LOUNGE

Will open at 09:00 am at transition area. At the lounge, athletes will have a secure place to stow their personal items, we will also provide athletes with sealed water, Gatorade and fruit.

DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available during the familiarization session and during the competition hours to anyone requiring medical assistance.

Medical and paramedical personnel will be available throughout the competition hours. Several ambulances will be available to provide emergency transfer to nearby hospitals. The medical tent will be located in the Main Venue / Finish Area.

Please note: Medical services at the venue are free of charge. Any ambulance transport to or treatment in hospitals, clinics and practices are to be paid by the participants. **Athletes/teams need to ensure that they have appropriate medical insurance.**



SECURITY

A private security company will be responsible for the venue security and Field of Play (FOP) Marshals will patrol around the Field of Play and venue on race day. Police will manage the road closures and the traffic around the course.

TRAINING

Swimming Practice, Friday May 20, on Pacifica Beach, after registration on the TI.

Outside of familiarization, athletes should note the roads are open to vehicles. Please ensure care when training on the bike and run courses.

Welcome.
We wish you good luck and enjoy your competition.

